

# Life Is Life

**COPPERKNOB**  
STEP SHEETS

拍数: 32      墙数: 4      级数: Improver/Easy Intermediate  
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音乐: Life Is Life (C'est la vie) - Willy William



**Intro: 32 Count (approximately 00:21)**

## **S1. SAMBA CROSS, CROSS SHUFFLE, SAMBA WHISK R & L**

1&2      Cross R over L – Rock L to side – Recover on R (12:00)  
3&4      Cross L over R – Step R to side – Cross L over R  
5a6      Step R to side – Rock L back – Recover on R  
7a8      Step L to side – Rock R back – Recover on L

## **S2. R SIDE MAMBO, L SIDE MAMBO, FORWARD MAMBO, BACK MAMBO**

1&2      Rock R to side – Recover on L – Step R together (12:00)  
3&4      Rock L to side – Recover on R – Step L together  
5&6      Rock R forward – Recover on L – Step R back  
7&8      Rock L back – Recover on R – Step L forward

## **S3. FORWARD, TAP, BACK, SWEEP, BEHIND, SIDE, CROSS, CONTINUOUS CROSS SHUFFLE TURN 3/4 LEFT**

1&2&      Step R forward – Tap L behind R – Step L back – Sweep R back  
3&4      Cross R behind L – Step L to side – Cross R over L (12:00)  
5&6&      Turn 1/4 left cross L over R (9:00) – Step R to side – Turn 1/4 left cross L over R (6:00) –  
Step R to side  
7&8      Turn 1/8 left cross L over R (4:30) – Step R to side – Turn 1/8 left cross L over R (3:00)

## **S4. SYNCOPATED HALF BOX FORWARD, STATIONARY SAMBA (WALK)**

1&2      Step R to side – Step L together – Step R forward (3:00)  
3&4      Step L to side – Step R together – Step L forward  
5a6      Step R together – Rock L back – Recover on R  
7a8      Step L together – Rock R back – Recover on L (3:00)

**REPEAT**

For more info about step sheet & song, please contact:

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